

Helps and Hints

Family Child Care Newsletter

Arkansas State University

Childhood Services

Volume 5, Issue 12

Helps and Hints Family
Child Care Newsletter is
funded by the
Department of Human
Services
Division of Child Care
and

Early Childhood Education
Little Rock, Arkansas

Inside this issue:

**Stories, Rhymes,
& Jingles**

Cooking and Children

**Safe Kids...Healthy
Kids**

Art-Creativity



Safe Kids, Healthy Kids

Head injuries fall into two categories: **external** (usually scalp) injuries and **internal** head injuries, which may involve the skull, the blood vessels within the skull, or the brain. Fortunately, most childhood falls or blows to the head result in injury to the scalp only, which is usually more frightening than threatening. An internal head injury has more serious possible implications, since the skull serves as the protective helmet for the delicate brain.

External (Scalp) Injury

The scalp is rich with blood vessels, so even a minor cut to the scalp can bleed profusely. The "goose egg" or swelling that may appear on the scalp after a head blow results from the scalp's veins leaking fluid or blood into (and under) the scalp.

What to Do:

Call your child's doctor if your child is an infant or has lost consciousness, even momentarily.

- If your child is not an infant, has not lost consciousness, and is alert and behaving normally after the fall or blow, apply an ice pack or instant cold pack to the injured area for 20 minutes. If you use ice, always wrap it in a washcloth or sock; ice applied directly to bare skin can cause frostbite damage.
- Observe your child carefully for the next 24 hours. If he shows any of the signs of internal injury (see below), call your child's doctor immediately.
- If the incident has occurred close to bedtime or naptime and your child falls asleep soon afterward, check him every few hours for disturbances in color or breathing, or twitching limbs.

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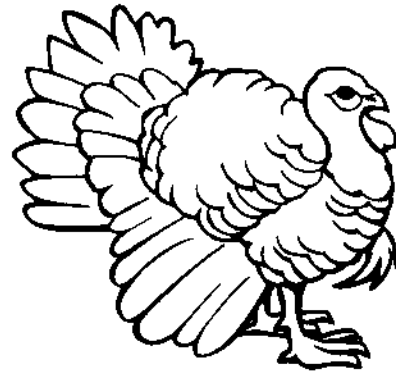
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Turkeys

Stories, Rhymes and Jingles

Five Fat Turkeys

Five fat turkeys are we.
We slept all night in a tree.
When the cook came around,
We couldn't be found.
That's why we're here you see!



Sing Song, Sway

Turkey Strut

Use pieces of masking tape to make turkey footprints all over the floor. Start playing some music. Let the children pretend to be turkeys and strut around the room. When you stop the music, have the turkeys find footprints to stand on (one turkey to a footprint). When you start the music again, have the turkeys continue strutting around the room.

The Turkey Dance (done to the German Folk Song- The Chicken Dance)

Find a recording of the Chicken Dance and have the children pretend to be turkeys.

Teach the children the movements:

Move your hands like they are "talking" 4 times

Pretend to "flap" your wings 4 times

Wiggle your bottom 4 times

Clap four times

Continue until you are tired out or the music stops--Which ever comes first!

Language Arts

Going to Grandma's house (Suitcase game):

Put a pile of old clothes and props on the floor and put an empty cardboard box or suitcase alongside them. One person picks up an article, for example, a red hat, and puts it in the box saying, "I'm going to grandma's and I will take...my red hat." The next person also puts something in the box, for example, a blue shirt, and says "I'm going to grandma's, and I'll take...my red hat and blue shirt." Continue the game, increasing the list of things in the box until one person forgets something.

- If color and breathing are normal, and you observe or sense no other abnormalities, let your child sleep (unless your child's doctor has advised otherwise). There is **no need** to keep a child awake after a head injury.
- If color and/or breathing are abnormal, or if you are not comfortable with your child's appearance (trust your instincts), arouse him partially by sitting him up. Your child should fuss a bit and attempt to resettle. If he does not protest, try to awaken him fully. If he cannot be awakened, or shows any signs of internal injury (see below), call your child's doctor or an ambulance.

Suspected Internal Injury

The brain is cushioned by cerebrospinal fluid, but a severe blow to the head may knock the brain into the side of the skull or tear blood vessels. Any internal head injury - fractured skull, torn blood vessels, or damage to the brain itself - can be serious and possibly life-threatening.

What to Do:

Call an ambulance if your child shows any of the following symptoms:

- Unconsciousness, abnormal breathing
- obvious serious wound or fracture
- bleeding from the nose, ear, or mouth
- disturbance of speech or vision
- pupils of unequal size, weakness or paralysis
- dizziness, neck pain or stiffness
- seizure, vomiting
- loss of bladder or bowel control

Until help arrives, do not move your child unless absolutely necessary.

- If your child is unconscious or dazed, or there is any paralysis, do not move him at all - there may be injury to the spine. Place your hands on either side of his head, and keep him in the position in which you found him.
- If he vomits, roll him to the side keeping his head and neck immobile. If he is not breathing, administer mouth-to-mouth resuscitation.
- If your child is conscious, do your best to keep him calm and still. If he vomits, sit him up slightly and help him lean forward, unless you suspect a neck injury; in that case, keep head and neck immobile and roll him to the side.
- If he has a seizure, keep his airway clear.
- If there is swelling, apply an ice pack or cold pack.

If there is bleeding, apply a sterile dressing (bandage).

- Do not attempt to cleanse the wound, which may aggravate bleeding and/or cause serious complications if the skull is fractured.

Do not apply direct pressure to the wound if you suspect the skull is fractured.

Pilgrims

Large Motor

Pilgrims on the Mayflower

The children sit in a circle which we pretend is a boat (the Mayflower). We sing "Row, row, row you boat". The teacher is the captain, and shouts out a child's name and says, "Kelly, overboard!" Then that child jumps in the middle of the circle and pretends to swim. All of the rest throw in a pretend line and begin pulling. As we are "pulling" we say "1-2-3-4-5 she's/he's alive!! The child in the middle then take his seat. We repeat this until everyone has had a turn to jump overboard.

Dramatic Play

Looking for a way to spice up your dramatic play area? Sort through your old magazines and cut out pictures of food to contact paper onto your plates! It will encourage so much imaginary play especially with toddlers! Ask the parents to send in the empty boxes of foods they use at home. Ask for multicultural food boxes too. Stuff them with newspaper and tape them shut. The children enjoy mixing foods, shopping, or serving using foods they are familiar with. Also put real materials into the area: Apples in September, gourds, pumpkins, Indian corn etc. It's interesting to see the children explore the variety of different materials.



Books

Gracias, the Thanksgiving Turkey

by Joy Cowley, Joe Cepeda (Illustrator) Scholastic Trade; ISBN: 0590469770; (October 1998)

A Thanksgiving Turkey

by Julian Scheer, Ronald Himler (Illustrator) Holiday House; ISBN: 0823416747; 1 Ed edition (September 2001)

A Turkey for Thanksgiving

by Eve Bunting, Diane De Groat (Illustrator) Clarion Books; ISBN: 0395742129; (September 1995)

- If there is swelling, apply an ice pack or cold pack.
- If there is bleeding, apply a sterile dressing (bandage).
- Do not attempt to cleanse the wound, which may aggravate bleeding and/or cause serious complications if the skull is fractured.
 - Do not apply direct pressure to the wound if you suspect the skull is fractured.
 - Do not remove any object that is stuck in the wound.

Updated and reviewed by: Kate Cronan, MD

Scarecrow Fingerplays



Turkeys

Stories, Rhymes, and Jingles

This old road is hard and bumpy
Five fat turkeys wild and jumpy
Driver driver not so jerky
Or you'll make us loose a turkey
(spoken)

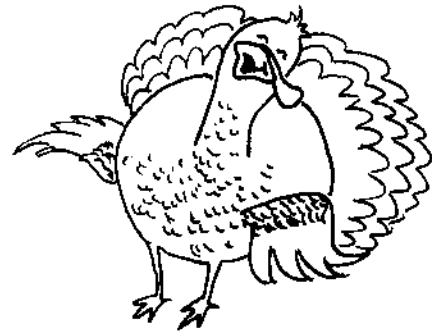
Driver! Driver! Stop I say!

One fat turkey got away!

repeat each verse until just one turkey is left and say:

Driver! Driver! stop I say!

Let's save this turkey for Thanksgiving Day!



Cooking and Children Mix Well

Apple Turkey:

Give each child an apple and place four or five toothpicks on one side. Place one toothpick on opposite side with a turkey head glued on it. On the others place fruitloops until you reach the top and place a mini-marshmallow. The kids love to make these and have fun eating as they go. (You have to eat the broken fruitloops-its a rule.) These can be edible centerpieces for your Thanksgiving Table.

Sensory

Give each child an empty pie tin. Then have the children dip their hand in glue and make a "hand-print" turkey in the pie tin. Next the children sprinkle spices on their hand-print turkey made out of glue. Try nutmeg and cinnamon for a pleasant smell.

Art

Water down some tempera paint or use liquid water colors. Sharpen the end of a large feather and dip it in the paint to write as the Pilgrims did, with a turkey feather!

Manipulatives

Pine cone centerpieces:

You will need for each child: one pinecone, colorful feathers, one brown pompom, 2 googly eyes, and a cardboard base. Glue the pompom on the small end of the pinecone, then let children dip feathers in glue and poke into the pinecone for tailfeathers. Glue the googly eyes on the pompom to make the head. Glue the pinecone to the cardboard base to make it stand up or use a ball of old playdough. Let dry overnight.

Subtraction

Three little scarecrows on a fall night
Saw an owl and shrieked in fright.
The owl just laughed and shouted "BOO!"
One scarecrow ran home, and that left two.

Two little scarecrows walking down the street
Went to a door to say "We would like a treat!"
But when the door swung open wide,
A scary scarecrow stood inside!

One scarecrow gulped and said to the other,
"I'm going home and stay with my mother."
Of the three little scarecrows, there was no one alone,
Too frightened to utter a groan or a moan.

One little scarecrow who shivered and shook
With every single step that he took,
A fraidy-cat scarecrow can't have much fun,
So he cried "Wait for me!" and there were none!



Bears

Stories, Rhymes and Jingles

Bear Hunt

(Start patting legs one at a time with the children)

(Chant)

We're going on a bear hunt (children repeat)

We're going to catch a big one (children repeat)

I'm not scared (children repeat)

Cause I've got my flashlight (pretend to hold up a flashlight into the air) (children repeat)

Do you see what I see? (shade your eyes with your hand) (children repeat)

It's a tall tall tree (children repeat)

Can't go over it (children repeat)

Can't under it (children repeat)

Can't go through it (children repeat)

We'll have to climb up it (children repeat)

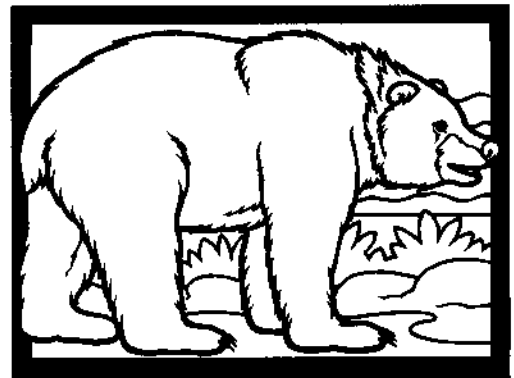
(pretend to climb up a tree and come back down)

Start over again go through as many obstacles as you can. i.e. tall grass (rub hands together) river

(pretend to put bathing suit on and swim) mud

(walk slow). You finally come to the cave. (Make it as scary as you like, whisper, walk slow, turn on your flashlight if your scared)

Pretend to see the bear and scream (throw a teddy bear in the middle of the circle for effect) and run (pat legs very quickly) backward through the mud, river, and tall grass back to your home where you can lock the door! Really throw yourself into the fun and try to make it somewhat real.



Books

Brown Bear, Brown Bear, What Do You See?, by Eric Carle, Henry Holt and Co., Board edition, 1996.

Mr. Bear Squash-You-All-Flat, by Morrell Gipson, Purple House Press, 2000.

Goodbye House, by Frank Asch, Scott Foresman, 1989.

Jamberry, Bruce Degen, Harpervest, 1995.

Goldilocks and the Three Bears, by Jan Brett, Paper Star, 1996.

Perky Pumpkin's Open-House Surprise

Once upon a time, there was a little man who liked pumpkins so much he even looked like one. He had bright orange skin, all shiny and smooth. Everybody called him Perky Pumpkin. Perky liked everything about pumpkins. He enjoyed eating them, whether cooked as a vegetable or baked as a pie. And he especially enjoyed the pumpkin seeds; sometimes he made funny pictures with them. Sometimes, he even did number work with them--he spent hours making sets of two, three, four, and five. Perky's best friend was Kate the Cat. She was black and silky and had a soft, contented purr.

Perky and Kate went everywhere together and played everywhere together all summer and early fall. But when the days became cool, Perky began to think about how nice it would be to have a warm, snug house of his own, instead of sleeping out in the fields among the pumpkin vines. He mentioned it to Kate and they decided to find a house together.

One crisp, fall morning they set out. In front of a school, they found a large piece of orange paper. My favorite color, said Perky.

It's just what we need. Kate agreed.

With Kate's help, Perky tugged and pushed and pulled until he put the paper together like this (fold in half).



With a pair of scissors, Perky carefully and slowly rounded off the corners, so the paper looked like this: "Meow" said Kate. "Let's set it up and look at our work." And for a time, they just smiled in admiration.



But then Perky remembered he would need a door. He cut out a tall one, like this. "I think I'll add a window, too," he said. And he did, like this.



Perky was pleased with himself. But not Kate--she was curious to know where she came in. "Meow, meow!" she grumbled. Perky laughed. He quickly added another door--a teeny, tiny one that was just the right size for a rather thin cat. "This will always be open so you can come in and out as you like," Perky said. Kate purred her thanks.



On a fall night, Perky and Kate invited all their storybook friends to an open-house party. And when they opened the house to their friends, everyone was surprised and delighted, including Perky and Kate. For this is what they saw:



Just what a fall party needs--a nice, round Jack-O-Lantern!



Bears

Children and Cooking Mix Well

Teddy Bear Treat

Spread peanut butter (watch out for allergies) on a plain rice cake. Add two small pretzel twists for the ears and raisins for the eyes, nose and mouth.



Art

Let the kids paint bear shapes with watered down glue and then sprinkle coffee grounds on the bears. They smell great and the kids love the texture!

Sensory

Did you know that plastic counting bears will float in your water table? To add math, fine motor and science, have large plastic tweezers (the kind that come in the Bed Bugs Game) and cups. The children pick up the bears with the tweezers and put them in the cups. The children use all kinds of number words, counting, and are really strengthening their little hands for writing.

Language Arts

Have a teddy bear sleep over at school. Each child brings a stuffed bear (or other animal) along with a blanket, book, etc. The bear and supplies stay at school as if hibernating over night. Use a Polaroid camera or digital camera to take pictures of the bears "at night time." Move the bears to a location/ activity that the child likes and take a picture. The bears are supposed to be sleeping but we caught them in action! Make a book about it.



Math and Manipulatives

Teddy Bear Lacing Cards

Cut out a teddy bear shape on heavy poster board. Laminate. Cover with fake brown fur. Punch holes around card. Let children lace around shape, for fine motor skills.

Apples



Sing, Song, Sway

Apple Song:

(Tune: Itsy Bitsy Spider)

Once a little apple seed was planted in the ground.
Down came the soft rain, falling all around.
Out came the big sun as bright as bright could be
And that little apple seed grew up to be an apple tree!!



Stories, Rhymes, and Jingles

(Sung to the tune of London Bridge)

(Stand holding arms above your head like branches. Move arms up and down. Encourage children to wiggle their fingers as they move.)

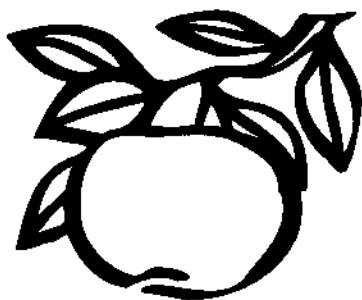
See the apples falling down
Falling down, falling down,
See the apples falling down, Down to the ground.
(Children squat and pretend to pick up the apples, throwing them into the air.)
Pick the apples, throw them up,
Throw them up, throw them up.
Pick the apples throw them up
Up to the sky!

Cooking and Children Mix Well

Apple Sauce Parfaits

You will need:

Unsweetened applesauce
Crushed cinnamon graham crackers
Clear plastic cups and spoons



Put a layer of applesauce in the bottom of the cup, then crackers, continue till the cup is full. Children enjoy crushing the crackers themselves as well as layering the apple sauce and crackers. This is a snack with eye appeal. Variation: fill cups with applesauce and use the crackers that have been separated as dipping sticks to eat with instead of spoons.

Bears

Stories, Rhymes, and Jingles

5 Little Bears (finger play)

Five little bears were dancing on the floor, one fell down and that left four

Four little bears climbed up a tree, one found a bee hive that left three.

Three little bears were wondering what to do, one chased a bunny rabbit that left two.

Two little bears were looking for some fun, one took a swim that left one.

One little bear sitting all alone; he looked all around then ran home.

Sing Song Sway

Little Bear (*Tune: Frere Jacques*)

Are you sleeping, are you sleeping?

Little bear, little bear?

You will sleep all winter, through the cold, cold winter,

Little bear, little bear.

Are you sleeping, are you sleeping,

Little bear, little bear?

You will wake in springtime,

In the warm, warm springtime,

Little bear, little bear

Large Motor

Bear Game

Make a circle of 6-10 children. One child has to be in the center of the circle, who is the bear sleeping in a cave, and had to cover her eyes. The circle of children moves around the bear while singing "The Bear Song". At the end of the song the group jumps while counting from 1 to 5, and say

Wake up bear", and the bear has to catch one of the children.

The Bear is sleeping, The Bear is sleeping,

Snore, Snore, Snore, Snore , Snore , Snore,

Maybe he will get you, Maybe he will get you,

on the count of 5 (2) 1,2,3,4,5,

Wake up bear, come out of your cave!



Apples



Sing, Song, Sway

Apple Song:

(Tune: Itsy Bitsy Spider)

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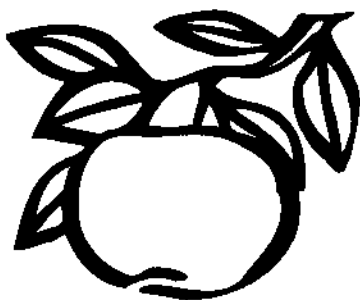
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Pumpkins

Sing, Song, Sway

The Pumpkins are Here -

(sung to: "The Farmer in the Dell").

The pumpkins are here, the pumpkins are there. The pumpkins, the pumpkins are everywhere.

The pumpkins are up; the pumpkins are down. The pumpkins, the pumpkins are all around.

The pumpkins are in; the pumpkins are out. The pumpkins, the pumpkins are all about.

The pumpkins are low; the pumpkins are high. The pumpkins, the pumpkins all say, "Good-bye".

Cut out pumpkin shapes (add faces if you wish) and glue to popsicle sticks. Let the children use these as props when you sing this song.



Stories, Rhymes, and Jingles

Five little pumpkins sitting on a gate (five fingers up)

The first one said "Oh my it's getting Late" (hands on cheeks)

The second one said "There's a chill in the air" (arms around self)

The third one said "But we don't care" (swing pointer finger)

The fourth one said "We're ready for some fun!" (hand in air)

The fifth one said "Let's run, run, run!" (running motion)

So woooo went the wind, and out went the lights,

And the five little pumpkins rolled out of sight!



Apples

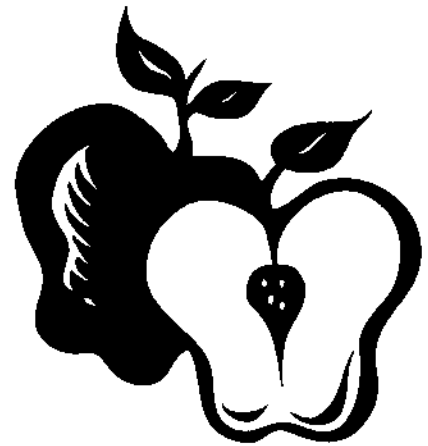
Art Activity

Paint the backsides of two paper plates red (or you can use yellow or green). After they are dry, staple together and attach a brown or black pipe cleaner and green leaf in between the plates. Then put in some beans and finish stapling it. They make great apple shakers to use when you sing your apple songs!

Manipulatives

"Wormy" Apples

Teacher or child can punch holes around a cutout apple shape. Poster board apples work best! Give each child a piece of green yarn "worm" and have them weave their worm through the holes of their apple. It works best if you wrap the end of the yarn with masking tape, or dip the end of the yarn in glue the night before for easier weaving!



Math

During the apple unit, read the story Ten Apples Up on Top. Have the children draw a picture of themselves at the bottom of a tall piece of paper. They then take an apple sponge (or if you want, an apple cut in half) and, with red paint, stamp as many apples "up on top" of their heads as they want. We have fun counting them. Have the children use apple shaped beanbags to see how many they can balance on their heads while slowly walking around. Further expand the book with a flannel board - cutout apples and a figure - they can roll dice or spinner and put that many apples on top of the figure's head.

Sensory

Cut slices of yellow, red, and green apples and have the children sample each. Then we make a chart with the words, YELLOW, RED, and GREEN and each child gets to cut out and paste his favorite color apple to the chart. It's fun to see which is the favorite and it's a great math project.



Pumpkins

Math and Manipulatives

Purchase small plastic pumpkins that come apart (used for party favors at Halloween). Inside each pumpkin, write a numeral from 1-10. Then in small plastic cups, place real pumpkin seeds. The children come choose a cup; count the seeds; find the corresponding pumpkin; and then, count the seeds again while placing them into the pumpkin. The best part is placing the "lid" on the pumpkin at the very end!



Pumpkin File Folder Game

Cut out 20 small pumpkins out of orange construction paper. Write the numbers 1-10 and draw black dots (representing seeds) to match the number, on 10 pumpkins. Do the same to the other 10. You should have 20 matching pumpkins. Glue 10 of them to the inside of a file folder. Glue an envelope or plastic baggie to the back of the folder and place the matching 10 in the envelope. This becomes a matching game for the children helping them learn their numbers.

Books

Pumpkin Pumpkin, by Jeanne Titherington, Mulberry Books, William Morrow, 1986. A little boy plants a seed and watches it grow, then harvests the pumpkin.

The Little Old Lady Who Was Not Afraid of Anything, by Linda Williams, HarperCollins Children's Books, 1986.

The Pumpkin Man and the Crafty Creeper, by Margaret Mahy, Lothrop, Lee and Shepard Books, NewYork, 1990.

Cooking and Children Mix Well

Toasted pumpkin seeds. Clean the goop off the seeds and soak them overnight in salt water. Drain and pat dry. Heat a little oil in a skillet and fry the seeds until lightly brown. Drain on a paper towel and taste when cool.

Apples

Large Motor

"Worm" Through the Apple

Children stand in a line with feet apart. One child is the "worm" and crawls through the "apple" (children's feet). When the child reaches the end the next person in line becomes the "worm".

Language Arts

"Once there was a little boy who went to visit his Grandmother. He was getting restless, so his Grandmother told him to go out on her farm and find a little house with no windows, and no doors, and a star inside. The little boy met his cousin. "Do you know where I can find a little house with no windows and no doors, and a star inside?" "No," said his cousin. "Maybe farmer Jones will know." The little boy continued to walk, he so enjoyed the country side. He looked all around him, but still could not discover what he was looking for. "Hello, farmer Jones, do you know where I can find a little house with no windows and no doors and a star inside?" "Sorry, son, I don't know. Maybe if you walk into the orchard over there, you may meet my wife and she may know." "Thank you sir," said the little boy. He skipped merrily into the orchard. He didn't see the farmer's wife. But, he heard the wind blowing. Hooooo.....hooooo! Just then an apple fell at his feet. Out of the apple came a little tiny worm. The cutest, smallest little worm that he ever saw! "Hmmm...." thought the boy. "This apple is the little worm's home. I don't see any windows or doors, but I don't see a star either!" Well, he picked up the apple and went home to Grandma." Could this be the little house with no windows and no doors?" "Why yes, it is honey. Good job." The little boy looked sad. "But Gram there is no star!" Grandma (teacher) cuts the apple, and reveals the star. How amazing! ----Author Unknown.

Cut apples in half. Make sure you cut it so the "star" is showing. The seeds do make a star pattern. Dip in red paint, and print on paper, or even better, eat them.



Pumpkins

Language

Make a pumpkin book by cutting out 4 small pumpkins for each child.

Page 1: On the cover, write the child's name and "Pumpkin Book".

Page 2: Attach a picture of the child in the pumpkin patch or in their Halloween costume.

Page 3: Let children finish the sentence "Pumpkin seeds taste..."

Page 4: Let the children draw a pumpkin face.

When finished, attach pages using a brad or a loop of yarn.



Art



Materials needed: yellow & green construction paper, paper plates, rice, orange & yellow food coloring and glue.

Color the rice with orange & yellow food coloring. Allow a couple of days for rice to dry. Give the children a paper plate and glue. Let the children put glue all over their paper plate, then they spoon the rice out onto their plate. Gently shake excess rice off. Next the children can draw and cut out their pumpkin's own eyes, mouth, nose and stem. (or you can have these pre-cut) Then the children glue them on the pumpkin. Last staple the stem and allow time to dry.

Dramatic Play

Pumpkin patch.

Put medium and small pumpkins on top of small amounts of straw. Have two mini wagons for children to pull. Put price tags on the pumpkins; have a cash register for the children to purchase the pumpkins to take home. Supply small paper bags big enough for the pumpkins to fit inside.

Sensory

Using real pumpkins, after the children have explored the inside and outside of the pumpkins, removing seeds, pulp, etc. Cut various shapes out of pumpkins all around the sides and use them as "puzzles". The children place the correct pumpkin piece into the corresponding hole. Fill the sensory table with black beans or black sunflower seeds and add small plastic orange pumpkins. The children enjoy the usual measuring and pouring but it gives a festive look!

Apples

Books

Apple Pigs, written and illustrated by Ruth Orbach. Cleveland : W. Collins+World Pub. Co., 1977, c1976. A family suddenly inundated with apples from a once dried-up tree finds a very enjoyable way to dispose of the surplus.

Apples by Gail Gibbons. New York : Holiday House, 2000. Explains how apples were brought to America, how they grow, their traditional uses and cultural significance, and some of the varieties grown.

The Seasons of Arnold's Apple Tree by Gail Gibbons. San Diego : Harcourt Brace Jovanovich, c1984. As the seasons pass, Arnold enjoys a variety of activities as a result of his apple tree. Includes a recipe for apple pie and a description of how an apple cider press works.

Rain Makes Applesauce by Julian Scheer & Marvin Bileck. New York, Holiday House, 1964. A silly story.

Ten Red Apples by Pat Hutchins. New York : Greenwillow Books, c2000. In rhyming verses, one animal after another neighs, moos, oinks, quacks and makes other appropriate sounds as each eats an apple from the farmer's tree.

Oats and Wild Apples by Frank Asch. New York : Holiday House, c1988. A calf and fawn meet and learn about each others' lives, but in the end prefer to be near their mothers.

Johnny Appleseed : a tall tale retold and illustrated by Steven Kellogg. New York : Morrow Junior Books, c1988. Presents the life of John Chapman, better known as Johnny Appleseed, describing his love of nature, his kindness to animals, and his physical fortitude.

Pretend Play

Way Up High In The Apple Tree

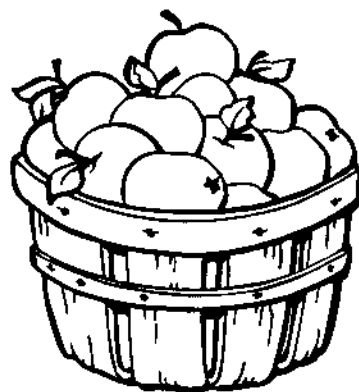
A new spin on an old finger play!! Begin by having red, yellow, or green socks rolled up. The teacher is the apple "tree" and holds the "apples" (socks) up in the air. Then all join in saying the finger play:

Way up high in the apple tree, 2 little apples smiled at me. (teacher smiles)

I shook that tree as hard as I could, (children "shake" tree)

Down came the apples, mm mm good!! (drop the "apples")

Take turns letting the children be the apple tree.



Harvest

Art

Fall Walk. On a walk around the yard or park, gather pine cones, leaves, dried grass, anything that they want and they put their treasures in a paper sack they have decorated. Each child chooses one thing they want to put on the class mural; gather around the butcher paper together and glue the items on. Talk about each thing. They can also glue other items on construction paper if they wish.

Sensory

Take the corn off of 10 pounds of feed corn in the sensory table, use the cobs to paint. Put out purple, red, yellow and brown on large paper plates so that it is easy to roll the cob in. Then encourage the children to roll all over a large sheet of paper. When the paint is dry, let them trace around a ear of corn shape three times. After they cut their three ears out, staple it at the top in a fan arrangement. Next add about 6 inches of raffia and a paper twist bow at the top.

Families

Take a family picture and trace it onto a piece of construction paper. Cut out the middle so it becomes a frame. Take a different color piece of construction paper. Glue the picture to this piece and then glue the larger piece over it. It becomes a frame for the picture. Gather small leaves of fall colors and allow the children to glue them to the "frame."

Math

Sorting nuts. Purchase a pound of nuts still in the shell. Let children sort them into groups.



Pretend Play

Using a large piece of brown cardboard (about 4' x 5'), tape three rows of leaf vines. (You can purchase them at the dollar store.) Place a dozen small gourds and "plant" them in the garden. In between the rows, put out a wicker basket for the children to gather the harvest. Put a sign on the wall that said "Harvest Garden". Let the children harvest the vegetables then take them into the dramatic play area and make "stew or dinner". Then when they finish they could go back to the garden and plant the garden again.

Harvest

Sing, Song, Sway

Scarecrow rhyme:

The funny, funny scarecrow guards his field all day,
He waves his floppy, floppy (arms) to scare the crows
away!

*You can substitute legs, head, hands, etc. for the floppy
part of the scarecrow.*



Books

Read two favorite stories. "Stone Soup" & "The Little Red Hen". Soup from a stone? Fancy that! After reading a couple of versions of this old tale talk about favorite vegetables.

Language

The First Thanksgiving

(Tune: Twinkle, twinkle, Little star)

Pick the corn and pick the beans,
Pick the squash and other greens.
It is harvest time you see!
Come and share a feast with me.
Bring your family out to play,
We'll call this Thanksgiving Day!

Cooking and Children Mix Well

Have each child bring in a vegetable to add to the pot. Bring the pot to morning circle and read the story Stone Soup again. After the story each child shares the vegetable that they brought. Talk about their vegetable; it's color, it's shape and size; how it smells and why it was their favorite. Help the children wash, peel, chop and count the vegetables. Put the water on, Add a stone, the vegetables, and some spices and let it simmer all day long. The next day read "The Little Red Hen". Ask, "Who will help me make the bread?" The whole class shouts, "I will". Make homemade bread. Invite the families for a "Fall Harvest Luncheon".

